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Bangalore Mirror ON SUNDAY

TEMP Max 32 | Min 22 | Humidity 38% Mostly cloudy Sensex 73,319 | Nifty 22,713 | Gold 1,49,650 | Silver 2,32,600 | Dollar 92.67 | Euro 107.28 | GBP 122.36

KARAGA CHRONICLES

All about centuries-old festival that reflects unique blend of faiths and traditions that continue to define Bengaluru's cultural fabric

PAGE 6

SCRAPPY DEALS

Cars deregistered in Delhi finding new homes in Karnataka, offering bargains that seem irresistible but carry hidden risks

PAGE 7

Defying scepticism from within their own families, juggling various day jobs, Bengaluru's hip hop musicians are overcoming all odds to do what they love — create bold narratives that are very much a part of the city's lived experience

JUST KEEP THE BEAT

Artists say city makes space for spontaneous performances on its bustling streets

Vasudha Zora
mybangaloremirror
@timesofindia.com

TWEETS @BangaloreMIRROR

Bengaluru is a city celebrated for its tech corridors and craft breweries, but there is another culture silently and steadily rising from the streets. It is unfiltered, multilingual, and deeply personal -- it is Bengaluru's underground hip hop scene.

Three eminent underground rappers BM spoke to tell us that the hip hop scene in Bengaluru is highly underrated, but unlike the more commercially driven hip hop cultures of Mumbai and Delhi, Bengaluru's underground thrives on experimentation, raw storytelling, power-packed commercial and independent hits, along with linguistic diversity.

"What makes Bengaluru special is the mix," says V1ishion. "You'll hear Tamil, Telugu, Marathi, Malayalam, English, Hindi, Urdu, and Kannada, all of it in one space." he said. V1sh1on raps in three languages, English, Hindi and Kannada. Taking after his ideal, who has helped him shape his rap from the beginning, he slips his way into the verses of the legend "The Real Slim Shady" for over a decade now.

The rappers take centre stage at street cyphers, known as Cypher, where rap battles are not staged spectacles but more like spontaneous performances. "We busk on the streets and just start rapping away. There are around 10 to 12 pairs in the rap battle line up, and every one of us gets 15 to 20 minutes to write before performing, and when it happens, we are packing streets and filling rooms with explosive

CONTINUED ON PAGE 4 >>

> **"Many people have come up to me and said that people coming from my caste cannot make it in the music industry. Well, here I am, and I don't wish to stop. I will always be true to my art first, and if that means covering social issues, I do so with all honesty and fearlessness**
>
> —Ankit Kumar, musician

Land sharks on the move

With 15,455 cases, Bengaluru tops land encroachment list in state as govt struggles to crack down on offenders

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharVMIRROR

Bengaluru's booming real estate market, often described as a gold mine, is increasingly being linked to the alarming rise in government land encroachments, with the city emerging as the worst-affected region in the State.

Official data shows that Bengaluru Urban alone accounts for 15,455 cases, with nearly 41,300 acres of public land under illegal occupation.

Across the state, 1,11,098 encroachment cases involving 1,95,021.17 acres of revenue land have been recorded. However, Bengaluru's disproportionate share highlights how rapid urbanisation, coupled with skyrocketing land values, has made public land a prime target. With land prices in several parts of the city multiplying over the past decade, even small parcels of government land carry immense commercial potential, making them vulnerable to organised encroachment.

Experts point to a growing nexus between land sharks, middlemen and sections of the administration, which has enabled large-scale illegal occupation. Vikas K, a civic activist, said, "Encroachments are no longer limited to small, isolated instances but extend to prime assets such as lake beds, rajakaluves, parks and grazing land. In many cases, fake documents are allegedly created to legitimise ownership, allowing encroachers to convert public land into private real estate ventures."

Despite multiple reports and warnings,

CONTINUED ON PAGE 11 >>

THINGS TO DO

01 Global party lands

Global music festival phenomenon Elrow makes its Bengaluru debut, bringing its iconic Neo Kaos Garden theme, an immersive mix of music, theatre and high-energy chaos. Featuring international DJs, Spanish performers and signature confetti-filled spectacles, the event promises a full-scale sensory experience. Tickets available on District by Zomato. **Where: To be announced; When: May 23, 3 pm onwards**

02 Clown workshop

Subtle Spaces brings a three-day clown workshop exploring physical theatre, voice and play. Facilitated by Betina Dominguez, the workshop blends clowning, movement and energy-based techniques. **Where: Shoonya, Lalbagh; When: April 9 to 11, 6 pm (9th & 10th), 10 am (11th)**

03 Beauty fest returns

BeautyXperience 3.0 returns, offering a nine-day celebration of beauty, fashion and wellness. With celebrity masterclasses, live sessions and immersive brand experiences, the festival promises a vibrant, multi-sensory lifestyle showcase. **Where: Phoenix Mall of Asia, Yelahanka; When: April 4 to 12**

04 Improv nights

Simp Simpli Improv Jams returns, inviting all to explore spontaneous storytelling and creativity. A free, inclusive improv space by jijji collective, open to beginners and enthusiasts alike, with pay-as-you-like entry. **Where: Shoonya, Lalbagh; When: April 10 & April 24, 6 pm**

05 Poetry evening

Tuesdays with the Bard @ Urban Solace will feature poet Srijani Mitra this week, promising an evening of evocative verse and reflection. The long-running poetry series, recognised in the Limca Book of Records, continues to draw literature lovers with its intimate and soulful setting. **Where: Urban Solace, Ulsoor; When: April 7, 7.30 pm to 9 pm**

Baby needs dad on duty

As India debates paternity leave, doctors stress fathers' role in maternal recovery, mental health, and stronger bonding during the most critical early months

Iffath Fathima
iffath.fathima
@timesofindia.com

TWEETS @BangaloreMIRROR

Even as the issue of introducing paternity leave is being discussed in the corridors of power in India, in several countries this is already the norm. In India, central government employees are currently entitled to about 15 days of paternity leave, while policies in the private sector vary widely.

Experts point out that such policies enable fathers to actively support mothers during recovery, especially in cases of postpartum depression, while also strengthening early parent–child bonding and improving overall family wellbeing.

Support matters

Dr Kunzang Dolma, a fertility specialist at Nova IVF Fertility Centre in Whitefield, Bengaluru, said, "Strong spousal support is extremely critical, with studies indicating that increased partner support directly correlates with a lower risk of PPD in mothers. Spouses can support the new mum in many ways, be it by providing nutritious meals, offering reassurance, and managing the household on their own. They must also watch out for signs of anxiety and depression in their wives and help them seek professional support. Spouses can also assist with tasks such as changing nappies and comforting the baby."

The doctor added that paternity leave functions as a public health measure because it provides benefits beyond social advantages. "During the initial postpartum period, new mothers face an increased risk of developing both physical health issues and psychological disorders. The partner's presence during this period ensures continuous emotional support, while also helping to identify warning signs such as persistent low mood and exhaustion, enabling timely medical intervention. This support helps mothers avoid burnout while improving their ability to breastfeed, their sleep quality, and their overall health. Paternity leave becomes vital in societies where families do not have constant support systems. It transforms caregiving from an individual duty into a shared responsibility, resulting in better outcomes for mothers, infants, and entire families," Dr Dolma added.

From preventing postpartum depression to improving infant growth, doctors highlight how active fathers reshape family health outcomes significantly

Global gap

Nations such as Japan, Spain and Norway, to name a few, offer significantly longer paternity leave with full pay. Health professionals point out that active father involvement is closely linked to improved maternal mental health, a reduced risk of postpartum depression, and better developmental outcomes in infants, including breastfeeding success and cognitive growth. They also stress that longer paternity leave allows fathers to become equal caregivers rather than occasional helpers, ultimately strengthening family wellbeing during a critical phase.

Dr Sangeeta Gomes, Consultant Obstetrician and Gynaecologist at Motherhood Hospital, Sarjapur, Bengaluru, said: "The medical field has observed a significant link between father engagement and positive health outcomes for both the mother and the child. In relation to the mother, the father's involvement is a significant protective factor in preventing postpartum depression (PPD) and anxiety. This is particularly evident when the father shares childcare responsibilities, thereby reducing the risk of chronic sleep deprivation, which is a known contributor to PPD. There is also a clear reduction in stress levels and faster physiological recovery from childbirth when the father helps share the burden of care."

Speaking on how much paternity leave would be beneficial, Dr Gomes said, "From a clinical and developmental perspective, it is ideal for the father to have a period of three to six months. This is a crucial time for the mother's physical healing, especially in cases such as a caesarean section or other complications, and also a vital period for her mental health. A short leave period of only two weeks makes the father more of a 'visitor', whereas an extended period allows him to acquire essential childcare skills, making him a competent primary caregiver rather than merely an assistant. This also enables the mother to return to work or routine with confidence, without the risk of burnout during this critical phase of child development."

Exam stress meets census mess

Teachers across Karnataka are facing a serious scheduling crisis as the government has assigned them to both SSLC answer sheet evaluation and census training at the same time. With SSLC results targeted for release by April 24, evaluation work is set to begin on April 8, involving nearly 70,000 registered teachers. However, the same teachers have also been directed to attend mandatory census training on April 7 and 8, creating confusion and stress. Both responsibilities are crucial—SSLC evaluation impacts students' academic futures, while census work is a nationally significant exercise—leaving teachers struggling to manage two compulsory duties simultaneously, often at different locations.

The problem is further aggravated by logistical challenges, especially for teachers from North Karnataka who have been assigned training in Bengaluru, requiring long travel times. While census training is being conducted in phases from April 1 to 15, the overlap with evaluation duties between April 8 and 15, has intensified the burden. Teacher associations have urged the government to reschedule the dates, conduct training at district level, or exempt evaluators from census duties, but their requests have been rejected so far. Officials have acknowledged the issue but are yet to issue clear directions, leaving teachers under pressure and highlighting gaps in administrative planning. —BMB

Hiss-teria as rescuers fall short

As summer temperatures rise in the city, incidents of snakes entering residential compounds, gardens and parking areas have increased significantly, triggering panic among residents. Citizens calling the civic helpline for snake rescue assistance are often left waiting due to a severe shortage of trained personnel. On average, around 150 calls related to snake sightings are received daily, but the city has only seven officially designated snake rescuers, leading to delays in response and growing public anxiety.

The shortage is particularly acute across the city's five civic zones, with only two rescuers each in the western and southern divisions and just one in the remaining three. Wildlife experts warn that the situation may worsen in May and June, the peak breeding season for snakes, when call volumes could exceed 200 per day. Rescuers also face logistical challenges, as they are not provided with vehicles or safety equipment by the authorities and instead rely on personal bikes and self-funded tools. With an honorarium of ₹18,000 paid irregularly every few months, rescuers have urged the government to provide better support, including dedicated vehicles and additional staff. Common species spotted include cobras, rat snakes and water snakes, often entering cooler spaces like homes and parks to escape the heat. Authorities have advised the public not to attempt capturing or harming snakes but to report sightings to official helplines for safe rescue. — BMB

Golden girl tops convocation charts

In a remarkable story of determination and academic excellence, a farmer's daughter emerged as the top achiever at the fifth convocation of Bengaluru City University, securing four gold medals in MSc Chemistry. Sneha T, who hails from a rural background in Devanahalli taluk, has brought pride to her family and institution with her outstanding performance, attributing her success to consistent study, guidance from teachers and strong support from her parents.

At Saturday's convocation at Jnana Jyothi auditorium, 37,393 students received degrees, including 7,484 postgraduates and 29,880 undergraduates. Abhishek Sriram won three gold medals in Commerce, while Divyashree S secured three in Business Administration. Sneha, now an assistant professor, credited perseverance despite challenges. Abhishek is preparing for UPSC. Honorary doctorates were awarded to six achievers, including BK Venkatesh Prasad and Arjun Janya. — BMB

Man hacked to death, assailants on the run

A 26-year-old from Rajasthan, who had come to visit his relatives in the city, was hacked to death by a group of unidentified assailants in the early hours of Saturday within the limits of Varthur Police Station.

The victim, identified as Dala Ram, had arrived in Bengaluru around five days ago and was staying in HSR Layout, according to police officals.

He was walking along the Balagere Main Road just past midnight when he was suddenly confronted by a group of four to five men. The assailants allegedly attacked him with knives and other deadly weapons.

Police said the victim tried to flee following the initial assault but collapsed on the footpath due to excessive bleeding.

He succumbed to his injuries on the spot before medical help could arrive. Police have launched a manhunt and are scanning CCTV footage to identify the accused. **BMB**

Man stabbed to death after dispute

A 22-year-old man was allegedly murdered following a series of altercations stemming from a personal dispute in JC Nagar, with the police arresting two accused in connection with the case.

The deceased, Vijay (22), a resident of RT Nagar was identified based on a complaint filed by his sister-in-law Ranjitha, wife of Dilip Kumar. According to police, the incident began around 10 pm on Friday, when Vijay, allegedly under the influence of alcohol, got into an argument with his friend Vinod Kumar over an issue involving his wife, Rakshita. Vijay reportedly pelted Vinod's two-wheeler with stones.

Vinod and his associate Uday Kiran first went to Vijay's house and then later tracked him near a bar on JC Nagar Main Road, where they allegedly stabbed him multiple times before fleeing. **BMB**

13, including 9 minors, held for mobile theft

The Cubbon Park police have arrested 13 persons, including nine juveniles, in connection with a series of mobile phone thefts reported during the IPL match between RCB and SRH at the M. Chinnaswamy Stadium on March 28.

Acting on complaints, police launched an investigation and on March 31 apprehended one accused along with three juveniles. During interrogation, officers recovered 21 stolen mobile phones of various brands.

On April 2, police detained six more juveniles linked to the case, who were also produced before the board and sent to an observation home. Further interrogation on April 3 led to the recovery of 70 mobile phones, along with five devices used in committing the thefts, taking the total seizure to 75 phones. Three more accused were remanded to seven days of police custody. **BMB**

Rowdy-sheeter detained under Goonda Act

The Mahalakshmi Layout Police have detained a rowdy-sheeter, Vinay Kumar alias Minda (30), under the provisions of the Goonda Act, citing his continued involvement in serious criminal activities across the city.

Police said the accused has been linked to multiple offences since 2010, with as many as 29 cases registered against him in various police stations, including Mahalakshmi Layout, Nandini Layout, Peenya, Vyalikaval, SR Nagar, and Wilson Garden. His alleged crimes include murder, attempt to murder, extortion, dacoity, rioting, assault, and rape. Vinay Kumar was arrested in December 2025 in connection with an attempt to murder case and remanded to judicial custody. However, officials noted that he repeatedly violated bail conditions and failed to appear before courts in pending cases. **BMB**

Man held for rape of customs officer

The Pulakeshinagar police have arrested a city-based businessman, M Kriplani, in connection with the alleged rape of a 45-year-old female customs superintendent.

According to police, the arrest was made based on a complaint filed by the officer, who had approached the Yelahanka police station in December 2025. In her complaint, she alleged that Kriplani raped her and later threatened her life.

As the alleged incident occurred within the Indiranagar police limits, the case was initially transferred there for investigation. Subsequently, senior officials reassigned the probe to the Pulakeshinagar police, who took over the case and conducted further inquiries. Following the investigation, the accused was taken into custody and produced before a court, which remanded him to three days of police custody. **BMB**

Man stabbed during party, one arrested

A man was arrested for allegedly stabbing his friend during a late-night party under the Konanakunte Police station limits

The accused, Girivardhan, was taken into custody by Konanakunte police following the incident on April 1 at his home in Vaddarapalya. According to police, the victim, Rahul, had attended the gathering along with friends Dileep, Skanda and Karthik.

During the party, an argument reportedly broke out between Rahul and Girivardhan over a trivial issue while they were consuming alcohol. The situation quickly escalated into a violent altercation.

Police said Girivardhan allegedly retrieved a knife from his car and stabbed Rahul in the chest. Rahul sustained severe injuries and was immediately rushed to a nearby private hospital, where he is currently undergoing treatment. **BMB**

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Net NPA 0%
Gross Profit ₹14.90 Crores before tax & provisions

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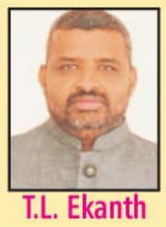
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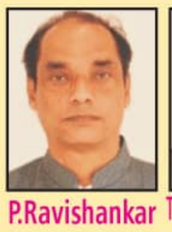
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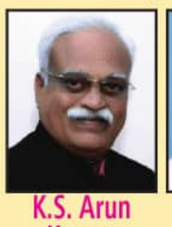
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Rust never sleeps, BNCC does

Crores spent on white-topping, but rusted railings remain as North City agency faces flak for neglecting road safety infrastructure

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

If the pathetic condition of the road divider and railings is any indication, it appears that the Bengaluru North City Corporation (BNCC) authorities can afford to allocate crores of rupees for white-topping works but have neither the money nor the time to replace the rusted and broken railings on the Mohan Kumar Nagar Road divider near Mathikere in the RR Nagar Assembly constituency.

Residents and motorists said that the Bruhat Bengaluru Mahanagara Palike (BBMP) spent a considerable amount on the white-topping of Mohan Kumar Nagar Road but has failed to replace the rusted and broken railings along the divider, for reasons best known to them.

While some residents attribute the incomplete works to a tussle between the local MLA and the Deputy Chief Minister, others said it is the responsibility of BNCC engineers to resolve the issue by obtaining permission from higher authorities. "It has become a habit for BNCC engineers to remain apathetic towards fixing infrastructure-related problems. If the broken railings are replaced, the road will not only become safer for motorists but also look more aesthetically pleasing," opined Keshava Murthy, a resident.

Coming down heavily on BNCC engineers for the delay in replacing the broken and rusted railings, Prathap N, a motorist, said that the lack of railings encourages erratic

Citizens question priorities as broken dividers risk accidents, blaming delays, poor planning and lack of funds for stalled repairs

motorists to take right or left turns, thereby causing inconvenience to others and increasing the risk of accidents. "The traffic police have installed barricades and barrier tape to prevent motorists from turning at will. Installing new railings would greatly help commuters on this road," he said.

Expressing concern about the poor condition of the railings, another motorist, on condition of anonymity, said the absence of railings may pose a danger in future. "The BNCC authorities must take immediate measures to resolve this issue. The railings may not cost much. I hope the authorities take up this work without delay," the motorist added.

Rusted and broken railings along the divider on Mohan Kumar Nagar Road pose a safety risk to commuters

Meanwhile, RR Nagar MLA Munirathna Naidu said that authorities have stopped releasing funds for developmental works in the constituency. "The allocation of funds in the recent budget presented by the Bengaluru West City Corporation is disappointing. The funds allocated to some wards in RR Nagar were insufficient even to remove silt from roadside drains," he said.

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Gridlock woes
Banaswadi

Ongoing roadworks and poor road conditions on Banaswadi Main Road are causing severe traffic congestion and making it unsafe for commuters and students to cross.

Energy drain
Austin Town

Street lights near Jasmadevi Mandir in Austin Town BDA are left on throughout the day, leading to the wastage of electricity.

Commercial projects help musicians sustain their art

CONTINUED FROM PAGE 1

energy, which the crowd develops and blends in with," said V1sh1on. He also shares that these battles demand strategy and quick thinking. "You are trying to predict what your opponent might say about you and how to counter it, it's very psychological," V1sh1on said. These performances are often held in the bustling areas like MG Road and begin attracting large crowds. On multiple occasions, the gatherings have grown so large that they disrupted traffic, drawing police intervention. Yet, the artists claim that the chaos is part of the energy, but the city, in general, is explorative in how it perceives and gives space for art and its variations. V1sh1on said that people come and watch, they let go of stress, and the event quickly packs energy. For performers, these interactions serve as realtime feedback. "You understand what the audience connects with. They figure out your uniqueness even before you do sometimes," he said.

Ground reality

Off stage, however, lies a different reality for hip hop artists in the underground scene. Most rappers come from modest backgrounds, often navigating financial instability and social scepticism. "Most rappers don't come from straight A homes with money and power. In fact, those who do might usually pay their way up, but for many of us, life itself becomes material," he said. It is this lived experience which combines with emotion, in turn shaping their music.

The journey is rarely easy, as artists often face criticism from family, relatives, peers, who fail to understand their pursuit. They are often told that this is a waste of time and that it would not make money. In such moments, support systems become crucial. For V1sh1on, it is Vicky Vortex, and the duo are emerging as Bengaluru's version of Dr Dre and Eminem. Vicky Vortex shares that he trained in Indian classical and Carnatic music, which brings a layered perspective. Growing up, he was exposed to bhajans and shlokas at home, which now imprint into his production work. He is also trained in Hindustani music and has played the tabla for over eight years. Over time, he transitioned into electronic music, drawing inspiration from artists like Martin Garrix. "Martin Garrix opened the EDM world to me. I deconstructed, recreated sounds, explored on my own, and learnt everything from scratch just to figure out what was happening in my headphones every time I played his songs."

Vicky's dedication trickles down to his home studio, tucked away in a soundproofed set built within the family home, equipped with professional grade instruments worth Rs 16 lakh. "It started with just a laptop, and now I have this whole set up. This is my place of work and worship," he said. He said that he loaned the money from his father to set the studio up. He shares that he was able to repay his father through the production projects he does, at just 25 years of age. Dedicated to his work, the creative process is a deeply immersive experience for him. "You have got to become mad, you lose sleep, food, water, everything. If you love doing what you do, you never work in your life," he shares.

Despite his progress, Vicky highlights a key challenge within the industry, sustainability. He shares that most people in the scene cannot do it full time as they all have something else going on. For him, that means commercial projects. While he produces music commercially for films and recently completed a project streamed on Jio Hotstar, his passion for independent music remains ever more unwavering.

Navigating his artistry through distinct alter egos, he says, "Vicky Vortex is my experimental side. I have all the freedom in this space, and my Vignesh side is more commercial. Keeping them separate, and each being so different from the other, has helped me stay versatile," he said.

Packing and stacking deals in the Kannada music scene is Ankit Kumar, a reflection of the growing shift towards regional storytelling. The rapper is a hit amongst locals for keeping the Tamil-Kannada dialect alive in the city. Much of his work draws inspiration from his lived experience. "I am not foreign to discrimination. I have faced casteism myself, so I write about it. When I was in school, I used to write about my political views and social issues, though my parents

warned me that it could bring unwanted attention. I did not stop," he said. He highlights that today, writing about those unspoken topics is the reason locals recognise him and look forward to his work. "Many people have come up to me and said that people coming from my caste cannot make it in the music industry. Well, here I am, and I don't wish to stop. This is what I do, what I love. I will always be true to my art first, and if that means covering social issues, I do so with all honesty and fearlessness," he shares.

Tracks like War Ready, Moshpit, which was co-produced by Vicky, have marked his turning point in the industry. He shares that the moment these songs went viral, relatives and friends called his father and appreciated his work. "My parents were stunned but very happy. I feel satisfied with how the hustle is paying off. Now people call my dad and ask him about my next release," he said. He shares that in order to support his family, he finished his BCom and did several jobs. He says during all this, he would deal with emotional turmoil with his own people. Now, he makes sure to manage his time more efficiently to spend more time with family and regroup every now and then.

Regional boundaries

Though the Kannada rap industry is flourishing, a certain dark cloud lingers. Addressing that, Ankit says, "Regional rapping has an inconvenience which affects its exposure, as the crowd is limited in comparison to rap in English and Hindi," he says. Ankit too balances commercial projects with artistic expression, juggling multiple roles to sustain himself. His collaboration with Vicky Vortex on the track Moshpit reflects this blend of boldness rooted in cultural identity.

Speaking about the AI influence in music, V1sh1on shares, "AI made tracks might go viral once, but they really are one-time hits. They do not incorporate the artistic process, and many listeners will flag it off once it diminishes," he said. Adding to that, Vicky shares, "People think it's all auto tuned music and just rhyming words. It's honestly much more complex. We fit moods, emotions, words, drama, energy, and a lot of exploration into our independent assets. That factor is quickly absorbed by listeners, and that creates a long lasting fanbase," he said.

"If a rapper isn't packing the heat they are boasting about, well it becomes very clear to the ones who do," shares V1sh1on, commenting on the competition in underground circles. "Someone will always be better than you, accept it. Make music with the belief that you are the best and people look up to you, this mantra will remove self doubt from the system and give space to music to flourish," said Vicky.

Young Hearts at Risk: The Gen Z Wake-Up Call

Gen Z is often seen as the fittest generation yet. From regular gym routines and clean eating to wearable fitness trackers, today's young adults are making conscious lifestyle choices. However, doctors are observing a concerning shift. Heart-related conditions are rising among people in their 20s and 30s, a pattern that is both real and medically significant.

According to Dr. Kishore KS, a highly experienced Interventional Cardiologist currently serving as the Head of the Department (HOD) of Cardiology at Sagar Hospitals, Banashankari, this trend is not incidental. It is the result of a combination of lifestyle, biological and behavioural factors.

Dr Kishore K S, Interventional Cardiologist Head of the Department (HOD) of Cardiology Sagar Hospitals, Banashankari.

Chronic Stress Impact

Sustained psychological stress is now recognised as a major cardiovascular risk factor. When the body remains in a prolonged "fight or flight" state, it releases stress hormones such as cortisol and adrenaline. Medically, chronic elevation of these hormones is linked to high blood pressure, inflammation and damage to blood vessels, all of which increase the risk of heart disease over time.

Sleep Deprivation and Heart Health

Clinical evidence shows that adults who consistently sleep less than 6–7 hours a night are at higher risk of hypertension, obesity and diabetes. Late-night screen exposure affects melatonin production, disrupting natural sleep cycles. Poor sleep reduces the heart's ability to recover and maintain healthy function. "Sleep is not optional. It is essential for cardiovascular recovery," says Dr Kishore.

Earlier Onset in Indians

Multiple studies, including those from Indian cardiology research bodies, indicate that South Asians are predisposed to developing heart disease nearly a decade earlier than Western populations. Factors such as smaller coronary arteries, higher tendency for visceral fat and genetic predisposition contribute to this risk.

Sedentary Yet 'Active' Lifestyles

While many young adults work out, long hours of sitting, high screen time and irregular routines offset these benefits. This pattern, often called the "active couch potato" effect, is increasingly linked to metabolic and cardiac risk.

The Social Media Pressure Loop

Constant comparison, performance pressure and uncertainty about career and finances are contributing to sustained anxiety levels. Medical research connects chronic anxiety with increased heart rate, elevated blood pressure and long-term cardiovascular strain.

Recognising Early Warning Signs

Symptoms such as chest discomfort, tightness, unexplained fatigue, shortness of breath or even jaw and arm pain should not be ignored. These may be early indicators of cardiac stress, even in younger individuals. "Heart disease no longer has an age barrier. Early screening can prevent serious outcomes," emphasises Dr Kishore.

What You Can Do

1. Risk Awareness
If there is a family history of heart disease, or habits such as smoking and alcohol use, the risk increases significantly. These individuals should be more vigilant.

2. Preventive Screening
Annual health check-ups, including blood pressure, cholesterol and blood sugar levels, are medically recommended, even for those without symptoms.

3. Stress Management
Practices like meditation, yoga and breathing exercises have been clinically shown to reduce stress and support heart health.

Beyond Fitness Trends

Short-term fitness goals or appearance-driven routines are not enough. Long-term heart health depends on consistent lifestyle discipline, including balanced nutrition, stress management, adequate sleep and regular medical check-ups. "Early awareness, timely action and consistent lifestyle choices remain the most effective tools in preventing heart disease among young adults", he added.

CONTACT: 080-69555555

A New Ray of Hope for Cancer Patients

At a time when cancer was perceived as an incurable disease, Dr. Swaroop Revannasiddaiah, a highly specialized Consultant Medical Oncologist currently practicing at Sagar Hospitals, has been at the forefront of changing that narrative. In a career dedicated to patient care, he has treated 10,000+ patients, offering medical intervention and hope.

Dr Swaroop is known for managing advanced-stage cancer cases with a combination of clinical expertise and modern technology. His approach focuses not only on treatment but also on improving quality of life.

Dr. Swaroop Revannasiddaiah, Consultant Medical Oncologist Sagar Hospitals

Dr Swaroop did his MBBS from Bangalore Medical College in 2006, postgraduate training in Radiation Therapy and Clinical Oncology from the Regional Cancer Centre, Shimla. He honed his expertise through experience at HCG Cancer Hospital and advanced clinical exposure at St Bartholomew's Hospital, London. His work includes delivering chemotherapy care at a cancer institute in Uttarakhand.

Dr Swaroop notes that two decades ago, chemotherapy was linked with significant side effects, discouraging patients from continuing treatment. Today, advancements in medical technology and supportive care have reduced these effects, making treatment tolerable and effective. "Even in Stage 4 cancers, we are seeing improved survival and better outcomes," he says.

A key advancement in oncology, immunotherapy, works by strengthening the body's immune system to identify and fight cancer cells. "We are seeing encouraging results with patients responding well to immunotherapy," Dr Swaroop shares.

At Sagar Hospitals, an integrated approach is being adopted, combining radiation therapy, chemotherapy and immunotherapy based on the patient's condition. Dr Swaroop emphasises that early diagnosis, timely intervention and personalised treatment plans are critical in managing cancer effectively.

Dr Mangesh P Kamath, Senior Consultant – Medical Oncology, Haematology and BMT, Sagar Hospitals, Jayanagar

Women and Cancer Risk

In today's fast-paced world, a woman's efficiency is celebrated as part of the 'hustle culture'. Yet, behind this, lies a grim reality. In the process of taking care of everyone, women neglect their own health, leading to a rise in cancer cases among women in India.

Among the most serious concerns is cervical cancer, a leading cancer affecting Indian women. What makes this tragic is that cervical cancer is largely preventable, but lack of awareness and timely action claims lives.

Prevention is Powerful

According to Dr. Mangesh P. Kamath, a distinguished Senior Consultant in Medical Oncology, Hematology, and Bone Marrow Transplant (BMT) at Sagar Hospitals, , Jayanagar, prevention must take priority over treatment. "Preventing cancer is wiser than treating it after diagnosis," he says . An effective tools available today is the HPV vaccine. Recommended from as early as 9 years of age, this vaccine protects against the human papillomavirus (HPV), the primary cause of cervical cancer. When administered at the right time, it acts as a preventive shield. "The vaccine is long-term protection for the future," says Dr Kamath.

Beyond Vaccination

Vaccination is not the only safeguard. Lifestyle choices also influence cancer risk. Habits such as smoking, alcohol consumption and a sedentary lifestyle can increase vulnerability. Dr Kamath also stresses the importance of regular screening, including Pap smears, HPV testing that help detect early changes before they develop into cancer.

A Message to Women

"Do not sacrifice your health for work or family responsibilities. Your wellbeing is not just yours, it is vital for your entire family," he advises.

CONTACT: 080-69555555

SUNDAY READ

Legend of the Karaga

Bengaluru's shared cultural practices, syncretic relationships stay alive in centuries-old festival

| Rachana Ramesh
c-rachana.ramesh@timesofindia.com
TWEETS @BangaloreMIRROR

At the heart of Bengaluru, lies a rich historical legacy that often goes unnoticed amid its rapid transformation into a modern metropolis. Long before the emergence of glass buildings and technology parks, the city evolved as a network of small settlements, water bodies and cultural centres, traces of which continue to survive in its geography and place names.

At Upparpet, along the busy OTC Road connecting Chickpet and Cottonpet, stands the well-known dargah of Hazrat Tawakkal Mastan Baba. Believed to be over 200 years old, the shrine is associated with the saint who followed the teachings of Baba Fakhruddin, a revered 12th-century Sufi philosopher.

Over time, the shrine of Tawakkal Mastan Baba has become deeply intertwined with local cultural traditions, particularly the famed Dharmaraya Karaga. Numerous legends link the saint to this centuries-old festival, reflecting the unique blend of faiths and traditions that continue to define Bengaluru's cultural fabric.

The dargah continues to play a significant role in Bengaluru's shared cultural and religious practices. A striking example of this is its association with the renowned Dharmaraya Karaga. As part of a long-standing tradition, the Karaga bearer visits the Dargah. This ritual was held in the early hours of last Thursday. A visitor, who has been attending the festivities for 20 years, noted that the ritual invokes in him a feeling of belonging without prejudice against any identity. "There's a bakery down here — where my father would buy me sweet treats; this is the city I grew up in, almost still in time and to watch it celebrate coming together is a delight each year," he said, stressing that such symbolism helps in strengthening brotherhood.

During this ritual, a ceremony known as fateha is conducted at the shrine. The Karaga bearer then circles the tomb and participates in the symbolic exchange of sacred lemons with the Muzaveer (priest) of the dargah. This practice reflects a confluence of faiths, where Hindu and Sufi traditions intertwine seamlessly — a hallmark of Bengaluru's enduring pluralistic heritage.

Origins of the Dargah

Local tradition holds that Tawakkal Baba, along with his brothers Hazrath Tipu Mastan and Hazrath Manik Mastan, arrived in Bengaluru nearly 300 years ago, during the reign of Hyder Ali. This period coincided with Hyder Ali's efforts in the early 1770s to rebuild an older fort at Kalasipalya — originally a mud structure constructed in 1537 by Kempegowda I.

According to popular belief, the three brothers migrated from present-day Andhra Pradesh and worked as masons during the fort's reconstruction. What set them apart, however, was their refusal to accept wages for their labour. Their quiet devotion and mystical way of life eventually came to Hyder Ali's attention, and upon learning about their spiritual stature, he is said to have been deeply moved.

In recognition of Tawakkal Baba's wishes, Hyder Ali reportedly commissioned the construction of a mosque near the site. Though the original structure has since been rebuilt, this historic mosque still stands adjacent to the dargah at Upparpet. Within its premises lies a tomb bearing an inscription that reads: "Tawakkal Baba prayed here and passed away in 1777."

Folklore

Roshini M, a conservation architect based in Bengaluru, who has conducted research on Karaga as part of a Sahapedia-UNESCO fellowship done in 2020-21, told Bangalore Mirror that the practice is still followed to honour the folklore — during one of the Karaga processions, the Sufi saint Hazrath Tawakkal Mastan was accidentally injured. It is believed that in response, the saint invoked a curse to bring the procession to a halt. "The situation was resolved only when turmeric from the associated temple was applied to the saint's wound, which pacified him and allowed the procession to continue. Since then, this episode has been commemorated through ritual. As part of the Karaga celebrations, the procession makes a customary visit to the Hazrath Tawakkal Mastan Baba Dargah, symbolically honouring the saint and reaffirming the historic connection between the shrine and the festival," she explained. She noted that the Karaga does not follow a specific route as the physical body believed to be the embodiment of goddess Draupadi moves as she pleases.

She said that the narrative remains a folklore as there is no archival material or written evidence documenting the incident. Landscapes of Urban Memory: The Sacred and the Civic in India's High-Tech City, by Dr Smriti Srinivas, a professor of anthropology at the University of California, Davis, one of the earliest formal documentations of the festival attests to this. "The ritual puts the syncretic relationships between varying faiths on display. For such a niche festival to incorporate the ritual is a mark of respect among each other, to be much revered by the present times, as it symbolises peaceful coexistence. It is a vital element of Bengaluru's intangible cultural heritage, reflecting a deep historical layer of the city and its enduring secular ethos. Rooted in centuries-old traditions, it stands as a reminder of a time when shared rituals and mutual respect shaped the social fabric of the region," she said.

She noted that it is considered a bad omen if the festivities do not take place annually as it is seen as an offering to the goddess for abundance. "What makes the Bengaluru karaga significant is that it celebrates the tank system — its historic water geography. It visits the keres (lakes) such as the Sampangi Ramanagar lake — remnants of which can be seen near the Kanteerava stadium. It also involves worship of local boundary goddesses (protector goddesses found on the edge of a territory), such as Annamma in Majestic," she said.

At the same time, the festival demonstrates the resilience and adaptability of living traditions. Even as Bengaluru's physical landscape continues to transform under developmental pressures, the Karaga persists, evolving in subtle ways while retaining its core identity.

While it is primarily organised by the Tigala community, the festival today draws participation from people across religious and social groups, reflecting its broad cultural appeal. The Tigalas, who are central to the festival's traditions, regard themselves as descendants of Draupadi, the revered heroine of the Mahabharata. Historically, they have been associated with urban gardening, horticulture, and the settlement and maintenance of lakes in and around Bengaluru. The legacy now continues by the settlers, the hands that helped build the gardens. Parvez Ahmad, the Muzaveer of the Dargah, told media persons that the tradition has continued to honour the mutual respect shared among the faiths without any divisions among Hindus and Muslims.

> **"What makes the Bengaluru karaga significant is that it celebrates the tank system — its historic water geography. It visits the keres (lakes) such as the Sampangi Ramanagar lake — remnants of which can be seen near the Kanteerava stadium**
> —Roshini M, conservation architect

Raw deals: Scrapped cars from Delhi land in K'taka

Thousands of deregistered Delhi vehicles have landed in state, luring buyers with low prices but exposing them to legal hurdles, hidden risks, mounting costs and pollution concerns

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharVMIRROR

Deregistered Delhi vehicles, once meant for scrapping, are redirected to Karnataka, creating a growing grey market with serious legal and environmental concerns

Are you surprised to see so many Delhi-registered vehicles cruising through Bengaluru's neighbourhoods or parked in tier two cities across Karnataka? What appears to be an ordinary sight is actually part of a booming, yet legally grey, used car market that has grown rapidly in recent years. Cars once destined for scrapping in Delhi are now finding new homes in Karnataka, offering bargains that seem irresistible but carry hidden risks.

Delhi's strict pollution control rules have forced diesel vehicles older than ten years and petrol vehicles older than fifteen years off the road. These cars are automatically deregistered under Supreme Court and National Green Tribunal orders, meant for scrapping rather than resale. Traders exploit this surplus, redirecting the vehicles to southern states including Karnataka, Tamil Nadu, Andhra Pradesh, Kerala, and Telangana.

The scale of this trend is staggering. In Hassan alone, over 740 Delhi-registered cars have been purchased. Statewide, more than 7,000 vehicles have entered Karnataka towns and cities, with 3,512 still awaiting document transfers. RTO officials report handling 60–70 transfer applications from Delhi car owners every month. According to Mallesh, an RTO officer, "Each application undergoes thorough verification and typically takes about a month. A valid No Objection Certificate from Delhi is essential for registration here."

While low prices attract buyers, risks abound. Many are unaware that deregistered vehicles cannot legally operate outside Delhi. Without a proper NOC, registration in Karnataka is impossible. Police and RTO raids have already seized hundreds of such cars, leaving buyers with neither the vehicle nor their investment. Dealers like Sukesh Gowda acknowledge the demand but warn that price alone is a poor guide; legality and document authenticity are crucial.

Environmental experts are concerned that Karnataka's tier two cities may inherit Delhi's rejected vehicles and the pollution that comes with them. As Delhi removes old vehicles to curb air pollution, smaller cities with weaker monitoring systems face the risk of increased emissions if this influx continues unchecked.

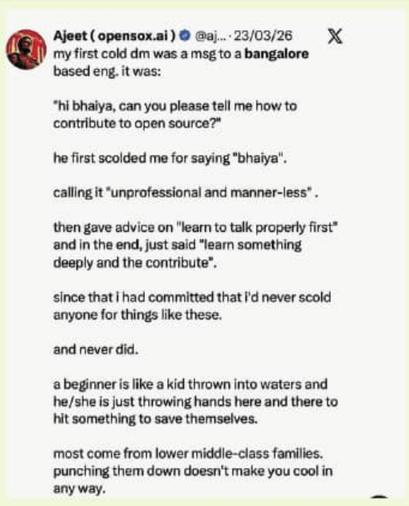
Smart bargains can become legal traps when buyers unknowingly purchase deregistered vehicles later seized

Automobile dealer Vijay V observes a fundamental change in Karnataka's used car market. Buyers now enjoy access to a variety of well-maintained Delhi-registered vehicles at lower costs, creating a new dynamic where affordability drives demand. However, the legal and environmental implications are often overlooked, potentially creating long-term issues.

Delhi's transport department has issued clear guidelines for deregistration and scrapping of older vehicles. Diesel vehicles older than ten years and petrol vehicles over fifteen years face automatic deregistration. Karnataka authorities advise buyers to carefully verify RC cards, check registration validity, and obtain a genuine NOC from Delhi before purchasing.

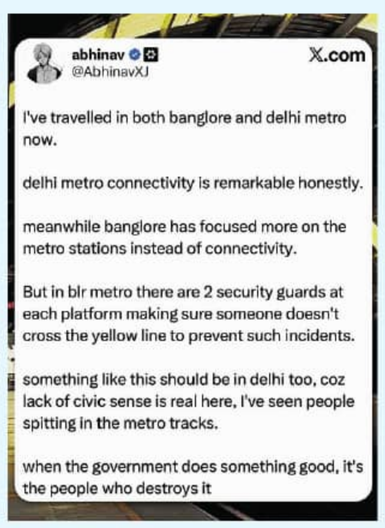
SOCIALTATTLE

What's Tweeting
@dpkBopanna shared on X "8 years, 10 months, 28 days later Bengaluru finally drives over patience and onto progress."


Ajeet (opensox.ai) @aj... · 23/03/26
my first cold dm was a msg to a bangalore based eng. it was:
"hi bhaiya, can you please tell me how to contribute to open source?"
he first scolded me for saying "bhaiya".
calling it "unprofessional and manner-less" .
then gave advice on "learn to talk properly first" and in the end, just said "learn something deeply and the contribute".
since that i had committed that i'd never scold anyone for things like these.
and never did.
a beginner is like a kid thrown into waters and he/she is just throwing hands here and there to hit something to save themselves.
most come from lower middle-class families. punching them down doesn't make you cool in any way.

@aj (opensox.ai) shared on X "One 'bhaiya' turned into a lifelong lesson, be kind, because everyone starts somewhere."

@AbhinavXJ shared on X "Delhi wins on reach, Bangalore wins on discipline , but civic sense remains the real missing link."


abhinav
@AbhinavXJ
X.com
I've travelled in both banglore and delhi metro now.
delhi metro connectivity is remarkable honestly.
meanwhile banglore has focused more on the metro stations instead of connectivity.
But in blr metro there are 2 security guards at each platform making sure someone doesn't cross the yellow line to prevent such incidents.
something like this should be in delhi too, coz lack of civic sense is real here, I've seen people spitting in the metro tracks.
when the government does something good, it's the people who destroys it

Tourism imbalance strains forests as conservation concerns linger on

Heavy visitor pressure on Bandipur and Nagarahole contrasts underused reserves, raising concerns over sustainability, safety, and balanced eco-tourism management

Many protected areas in Karnataka are facing high tourism pressure, the state economic survey report has highlighted. An analysis of protected areas across Karnataka shows an imbalance in eco-tourism pressure. According to the report, while Bandipur Tiger Reserve, Nagarahole National Park and Kudremukh National Park face high visitor pressure, several protected areas such as BRT Tiger Reserve, Bhadra Wildlife Sanctuary and Dandeli Wildlife Sanctuary remain underutilised.

The report states that reducing stress on heavily visited sites requires strengthening eco-tourism facilities in less-visited protected areas to ensure a more balanced distribution of visitors. It adds that such measures can also improve conservation outcomes.

Among visitors to sanctuaries, 99.15% are Indians while 0.85% are foreigners. The maximum number of foreign tourists visited the Mysuru Wildlife Area during 2024-25 and 2025-26. In 2024-25, as many as 18,11,055 Indians and 21,453 foreigners visited national parks and wildlife sanctuaries across Karnataka. In 2025-26, nearly 13 lakh Indians and 6,818 foreigners visited these areas till December 2025.

However, experts question the report's findings. "Tourism in these areas, mainly tiger reserves, takes place in accordance with the tiger conservation plan as approved by the National Tiger Conservation Authority. Tourism zones are delineated in TCPs. Thus, it is difficult to comprehend the imbalance that the survey report highlights," said a wildlife activist.

Conservationists maintain that any change to existing eco-tourism plans inside protected areas must follow a carrying capacity assessment. In the wake of rising human-wildlife conflict, including the deaths of three farmers in villages bordering Bandipur Tiger Reserve in Mysuru, the Karnataka State Board of Wildlife formed an expert committee earlier this year. The panel studies whether safari vehicle noise drives animals out of forest areas and examines the carrying capacity of Nagarahole and Bandipur tiger reserves.

The survey also notes that in 2025-26, 33 people died in human-wildlife conflict incidents, with 470 lakh paid as ex-gratia compensation. "Loss of human lives and crop damages are increasing. So far, 428 km of railway barricades have been constructed to prevent human-elephant conflict. Further 88.22 km of Railway Barricade has been approved in the cabinet meeting held at Malai Mahadeshwara Hills of Chamarajanagara District. An allocation of Rs. 6,000 lakhs has been allocated for implementation of the ongoing works of the year 2025-26," the report said.

—BMB

mybangaloremirror@timesofindia.com
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BENGALURU SPEAKS

and gets heard on this page

STORY BEHIND THE PHOTO

SHORELINE WATCHTOWER LIFE

Our reader shares a striking scene of ravens gathered around a lone wooden mast on the beach, each taking turns to perch. Serving as both a vantage point to spot prey along the shoreline and a brief resting stop between flights, the mast becomes a dynamic hub of activity capturing the rhythm of survival and seamless coordination in nature.

The picture was clicked by reader **Hanish Sharma**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Peenya industries face crisis as waste treatment gap worsens pollution

Lack of a CETP forces thousands of units to depend on costly, unreliable waste transport, raising environmental risks and uncertainty

Despite being recognised as one of Asia's largest industrial areas, the Peenya Industrial Area continues to grapple with a major environmental challenge, as the absence of a Common Effluent Treatment Plant (CETP) forces industries to transport waste to Doddaballapur for processing.

Spread across nearly 1,800 acres, including 1,461.46 acres developed by KIADB and over 300 acres by the Karnataka State Small Industries Development Corporation, Peenya has completed more than 55 years since its establishment in 1970. The region also received Special Investment Region status from the State's Commerce and Industries Department last year. However, even after decades of industrial growth, authorities have failed to establish a CETP to scientifically treat industrial waste generated in the area.

At present, industries transport waste to a private facility near Doddaballapur for treatment. This arrangement remains uncertain, as the private operator recently indicated plans to halt operations due to administrative and operational challenges. Though the facility continues to function following requests from stakeholders, concerns persist over its long-term reliability. The Peenya industrial cluster houses more than 13,000 units, the majority of them micro and small-scale industries. Around 2,000 fall under the 'red' and 'yellow' categories of polluting industries, including electroplating, machining, battery refurbishment, welding, powder coating, forging, casting, pharmaceuticals and textile dyeing. The absence of a dedicated treatment facility for hazardous waste poses a serious environmental risk.

For thousands of small industries, survival now comes with rising costs and anxiety, as untreated waste threatens lakes, groundwater, and the fragile balance between industrial growth and environmental responsibility

According to the Karnataka State Pollution Control Board (KSPCB), the area generates approximately 1,458.37 kilolitres of wastewater daily. While about 25 large industrial units operate their own treatment systems, smaller industries collectively generate around 55.21 kilolitres of waste, which they transport via tankers to Doddaballapur. This process costs industries between Rs 8 and Rs 10 per litre, increasing their operational burden.

The issue has worsened with instances of improper waste disposal, as some small units allegedly release untreated effluents into drains, affecting nearby lakes and groundwater sources.

Efforts to establish a CETP have faced repeated setbacks. In the 2018-19 budget, the then Congress-JD(S) coalition government sanctioned Rs 10 crore to set up a 200-kilolitre capacity CETP on KSPCB land in Peenya. However, delays in execution led to the funds being returned to the government.

KSPCB Chairman PM Narendraswamy has warned that immediate steps must be taken to set up a CETP, failing which action will be initiated against those responsible. Echoing this concern, Peenya Industries Association's Danappa stressed the urgent need for a local treatment facility, stating that reliance on external units is neither sustainable nor reliable. **— BMB**

DID YOU KNOW?

Scientists and designers have unveiled a handbag made using collagen derived from Tyrannosaurus rex fossils, showcasing the potential of laboratory-grown leather. The bag is on display at Amsterdam's Art Zoo museum beneath a replica T rex and will remain until May 11 before being auctioned, with a price exceeding $500,000. The material was developed by extracting protein fragments from dinosaur remains and inserting them into animal cells to produce collagen, which was then processed into leather. The project was led by The Organoid Company, Lab Grown Leather Ltd., and agency VML, highlighting sustainability and technological advancement in material science. The concept has drawn scepticism from experts. Scientists argue that collagen found in dinosaur fossils exists only in fragmented forms and originates from bone, not skin, making it insufficient to recreate authentic dinosaur leather. They also note that modern leather's properties depend on complex fibre structures that cannot be replicated from such fragments. Despite criticism, the creators maintain that the project represents the closest attempt yet to recreate materials inspired by extinct species while advancing bioengineered alternatives to traditional leather.

— Reuters

GET HEARD WITH MIRROR
9591233247
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

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MEA debunks 'fake' claims on fertiliser unit closures due to LNG shortage

The Claim: The posts alleged widespread fertiliser plant closures across India, warning of severe foodgrain shortages by next wheat harvest season and linking disruptions to LNG supply issues and regional instability concerns.
Fact: The Ministry of External Affairs clarified that such claims are fake, confirming no fertiliser plant shutdowns or foodgrain shortage risks, and urging citizens to rely on official verified information sources.

The Ministry of External Affairs (MEA) on Monday issued a fact check, rejecting as "fake" certain social media posts and maps alleging the closure of fertiliser production units in the country and a possible resultant shortage threatening foodgrain availability in the next season.

"Please stay alert against such false and baseless claims and posts on social media!" the MEA said in a post on its official social media handle.

The Ministry also shared images of "fake" social media posts which claimed, "Massive food shortages by next wheat harvest season in March" and "A map of reported ammonia and urea plant closures in India." The "fake" map, captioned "LNG supply disruption triggers fertiliser plant closures across South Asia," carried over two dozen markers displaying the locations of fertiliser plants that were purportedly forced to shut partially or completely. The MEA, however, dismissed these claims as baseless. In an earlier fact check, the MEA dismissed rumours about the government's strategy to evacuate Indians from the Gulf amid the ongoing conflict.

Issuing an alert on social media, the Ministry said: "This Instagram post is misleading. It claims that the Government has asked Indian nationals to register on the Madad (Help) portal for evacuation." "Clarification: MEA and Embassies in the West Asia region have opened helplines to assist Indian nationals with various needs in view of the conflict," a Ministry spokesperson said.

The Ministry had earlier dismissed another "fake" news alert carrying articles with headlines such as "Jammu and Kashmir intel agencies flag Rs 17.91 crore Iran aid donation scam, middlemen network in focus."

In another instance, the MEA rubbished as "fake" a social media post claiming that an Indian oil tanker was allowed to pass through the Strait of Hormuz after payment was made in "Chinese yuan." The Ministry also warned against another "fake" news item which claimed that the Islamic Revolutionary Guard Corps (IRGC) is offering limited "safe passage" to tankers that bypass the US dollar in favour of Chinese currency. **— IANS**

Sameer Rizvi's 90 leads Delhi to second IPL win

Players greet each other at the end of the 8th match of the Indian Premier League 2026 (IPL) between Mumbai Indians and Delhi Capitals at Arun Jaitley Stadium in New Delhi on Saturday

Sameer Rizvi blew away Mumbai Indians with 90 runs off 51 balls to help set up Delhi Capitals' second win from two matches in the Indian Premier League on Saturday.

The impact player followed his unbeaten 70 against Lucknow SuperGiants on Wednesday with seven sixes and seven boundaries in his highest IPL score.

MI 162/6 (20)
DC 164/4 (18.1)

Delhi raced to 164-4 and a six-wicket win with 11 balls to spare in reply to Mumbai's 162-6 and a first loss in the young season for the five-time champion.

In Saturday's second game, Gujarat Titans hosted unbeaten Rajasthan Royals in Ahmedabad.

Rizvi started his innings conservatively, taking 20 balls to get set. He came in with Delhi in trouble at 7-2 in the second over. Rizvi joined opener Pathum Nissanka, who was the initial aggressor in their 66-run stand.

When Nissanka top-edged a pull straight up on 44 at 73-3, Rizvi took charge of the chase at Arun Jaitley Stadium.

Rizvi hit 50 off 31 balls to lead Delhi to 100 in the 12th over. He appeared set for his maiden IPL hundred and was 10 runs away when he went looking for his eighth six and was caught at long-off off the bowling of Corbin Bosch in the 17th over. Mumbai players applauded Rizvi as he left.

Mumbai was made to bat first and finished with a sub-par score.

Mukesh Kumar (2-26) struck twice in the third over, bagging Ryan Rickelton on 9 and taking a return catch from Tilak Varma for a two-ball duck.

Stand-in skipper Suryakumar Yadav and Rohit Sharma combined for 53 off 40 balls but the slowish Delhi pitch didn't allow the Mumbai stars to run away with the scoring rate.

Delhi skipper Axar Patel got the breakthrough when Sharma slapped him to cover and Nitish Rana took a tough chance above his head in the 10th over.

Yadav got 51 off 36 but was out lbw to Lungi Ngidi and Mumbai faded.

–AP

Delhi Capitals' Batter Sameer Rizvi celebrates his half-century

Rajasthan Royals batters set up commanding total of 210, bowlers defend it with precision

Gujarat Titans stumble, fall behind in chase

Sai Sudharshan's 73 proved to be inadequate for Gujarat Titans after wickets tumbled in quick succession as Rajasthan Royals piled the pressure on in the ninth match of the Indian Premier League (IPL) 2026 at the Narendra Modi Stadium in Ahmedabad on Saturday. Ravi Bishnoi proved to be too lethal, bagging the most crucial wickets for his team.

Jurel-Jaiswal heroics

Half-centuries from wicketkeeper-batter Dhruv Jurel and opener Yashasvi Jaiswal powered Rajasthan Royals to the commanding 210 total they set up for Gujarat Titans

After winning the toss and opting to bat, Rajasthan made full use of the batting-friendly surface with a fluent start from their opening pair against the Titans, who were led by stand-in skipper Rashid Khan as regular captain Shubman Gill missed the match due to a muscle spasm.

Jaiswal and Vaibhav Sooryavanshi set the tone early, capitalising on wayward lines from the Gujarat pacers. Sooryavanshi got going with a couple of boundaries off Mohammed Siraj, while Jaiswal punished anything overpitched with crisp drives and pulls. The duo raced to 69 without loss in the powerplay, with Jaiswal's aggressive strokeplay complemented by Sooryavanshi's inventive hitting.

The breakthrough finally came in the seventh over when Rashid induced a miscued pull from Sooryavanshi, who departed for a brisk 31 off 18 balls. Despite the wicket, Jaiswal continued to anchor the innings, bringing up a composed half-century off 32 balls with a stylish boundary through extra cover.

However, the left-hander's stay ended soon after when Kagiso Rabada struck with a sharp delivery that crashed into the stumps, dismissing him for 55 off 36 balls. Rajasthan briefly lost momentum with the quick wickets of Riyan Parag and later Donovan Ferreira, but Jurel ensured the scoring rate never dipped.

The right-hander initially rotated the strike before launching a calculated assault in the final phase. He used the crease's depth well against spin and targeted the seamers with powerful bottom-hand shots, clearing the ropes with ease. Jurel brought up a fine fifty in the 17th over and continued to dominate the death overs, including a towering six off Prasidh Krishna.

Late cameos also helped Rajasthan surge past the 200-run mark. Shimron Hetmyer chipped in with a quick 18 off eight balls before falling to a sharp catch by Siraj, while Ravindra Jadeja added useful runs in the closing overs. Jurel eventually fell in the final over to Siraj after a superb knock of 75 from 42 deliveries, which included five fours and as many sixes.

For Gujarat, Rabada was the pick of the bowlers with 2/42, while Prasidh and Rashid claimed a wicket each. Siraj finished with 1/48 despite striking in the final over.

RR 210/6 (20)
GT 204/8 (20)

1. Gujarat Titans' players Sai Sudharsan and Kumar Kushagra during the IPL match between Gujarat Titans and Rajasthan Royals at the Narendra Modi Stadium in Ahmedabad, on Saturday
2. Rajasthan Royals' Ravi Bishnoi celebrates the wicket of Gujarat Titans' Sai Sudharsan

Today's battle

Sunrisers Hyderabad
vs
Lucknow Super Giants
3.30 PM | Hyderabad

Royal Challengers Bengaluru
vs
Chennai Super Kings
7.30 PM | Bengaluru

BANYAN TREE'S WORLD JAZZ EDITION 6 FESTIVAL

Friday, 24th April 2026, 7:00 pm | Chowdiah Memorial Hall, Bengaluru

- Michael Varekamp Quintet feat. Alexander 'The Hurricane' Beets — From New Orleans to New York
- Wiboud Burkens Trio — Swing is the Thing. The art of the Trio.
- Georgie Aué Quintet — From Australia to Brazil.
- Titi Luzipho and Muneeb Hermans — Sunset in Africa: A Tribute to the Legends

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- Georgie Aué Quintet — From Australia to Brazil.
- Titi Luzipho and Muneeb Hermans — Sunset in Africa: A Tribute to the Legends

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real estate

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VISVESWARAIAH LAYOUT

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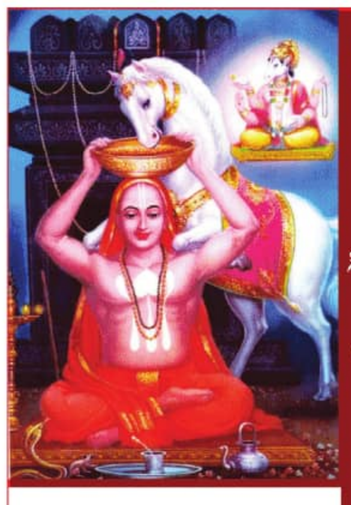
GALLERIA



|| ಶ್ರೀ ವಾದಿರಾಜ ಟೆಕ್ಸ್‌ಟೈಲ್ಸ್ ||

ನಮ್ಮಲ್ಲಿ ಟ್ರೆಂಡಿಂಗ್ ರೇಷ್ಮೆ ಸೀರೆಗಳು (ಕಾಂಚಿಪುರಂ ರೇಷ್ಮೆ ಸೀರೆಗಳು, ಮೈಸೂರು ರೇಷ್ಮೆ ಸೀರೆಗಳು, ಬನಾರಸ್ ಸೀರೆಗಳು), ಕಾಟನ್ ಸೀರೆ, 9 ಗಜ ಸೀರೆಗಳು, ಧರ್ಮಾವರಂ ಸೀರೆಗಳು ಲಭ್ಯವಿದೆ.

ಹೆಸರು: ವರ್ಷಿಣಿ ವಡವಿ
ಫೋನ್ ನಂಬರ್: 9945528176
ಹೆಸರು: ಸ್ಮೃತಿ ವಡವಿ
ಫೋನ್ ನಂಬರ್ : 9187354294

ಮದುವೆ, ಮುಂಜೀವಿ, (ಉಪನಯನ) ಗೃಹ ಪ್ರವೇಶ, ಮತ್ತು ಇತರ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಆರ್ಡರ್ ಮಾಡಬಹುದು. ಆನ್ಲೈನ್ ವಿತರಣೆ ಲಭ್ಯವಿದೆ.

ಮನೆ ವಿಳಾಸ: 2ನೇ ಮುಖ್ಯ ರಸ್ತೆ 484/485, ಧನುಷ್ ಎನ್ ಕ್ಲೇವ್, ಫೇಸ್–1 B1, ಸೀಡೆದಹಳ್ಳಿ, ಸೌಂದರ್ಯ ನಗರ, ಬೆಂಗಳೂರು – 560073

ಮನೆ ವಿಳಾಸಕ್ಕೆ Q.R ಸ್ಕ್ಯಾನ್ ಮಾಡಿ

'Public land turned into pvt real estate ventures'

CONTINUED FROM PAGE 1

enforcement has remained weak. A legislative joint committee headed by AT Ramaswamy had flagged the issue as early as 2007, estimating encroachments worth ₹40,000 crore. A subsequent task force report in 2011 further revealed that over 11.07 lakh acres had been encroached across Karnataka, with the Bengaluru division accounting for a significant share. Yet, corrective measures have failed to keep pace with the growing problem.

While the government claims to have cleared encroachments over 1,20,203 acres statewide, critics argue that action is largely limited to marginal cases involving economically weaker sections.

"In contrast, influential encroachers continue to operate with relative impunity. The lack of accountability among officials accused of facilitating such activities has further weakened enforcement mechanisms," added another activist.

Districts such as Haveri, Davanagere and Chitradurga also report significant encroachments, but none match the intensity seen in Bengaluru, where real estate demand continues to surge. Urban planners warn that unchecked encroachment poses long-term risks to the city's sustainability, particularly as vital ecological zones such as lakes and drainage networks are compromised.

HSRP mandatory for pre-2019 vehicles

The Transport Department has issued a clarification reiterating that installation of High Security Registration Plates (HSRP) remains mandatory for vehicles registered before April 1, 2019, in Karnataka, dismissing reports suggesting otherwise. Officials said certain television and media outlets had incorrectly reported that HSRP installation was not compulsory for older vehicles. Citing Rule 50 of the Central Motor Vehicles Rules, 1989, and a Central Government notification dated December 4, 2018, the department stressed that HSRP fitting is legally required. BMB

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LOCATION: OPP Manyata Tech Park Sky Walk Contact 99809 90559/ 98807 69809/ 95351 05602

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WANTED Accountant from South Bangalore, 2 to 3 Years experience, preferable to han dle all the account related matters with Tally Erp 9/Prime knowledge at a Private Ltd Co. near Bannerghata road. Call: 9880215703/sales@vigirom.com, CC: accounts@vigirom.com

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personal

CHANGE OF NAME

I, Ashoka Bhat Upendra S/o Upendra Bhat R/o 6-67,mbm Square, flat No G-001,omkar Layout, uttarahalli Kengeri Main Road, Bengaluru - 560060. Have Changed My Name to Ashok Bhat Upendra Bhat for All Purposes.

I, Anitha Sathi, D/o Krishnan Sankunni Menon, R/o B2605, Sobha Mayflower, Bellandur, Bengaluru – 560103, henceforth known as Anitha Krishnan, vide affidavit IN-KA21862683903147Y dated 30Mar26.

I, Komal Saraf, D/o Santosh Kumar Saraf, R/o No-594, 1st Floor, 15th 'B' Main Road, 14th 'A' Cross Sector-4 HSR Layout Bengaluru-560102 have changed my name to Komal Sharraf for all Purposes.

Change of Name

I, Arwa Chikhliwala, W/o Burhanuddin Shabbir Chikhliwala, r/at No. E 316, Husaini Manzil, Plot No. 10, Gottigere Bannergatta Road, Bangalore 560083 shall henceforth be known as Arwa Burhanuddin Chikhliwala vide affidavit dt. 04.04.2026 before Notary Mohammed Hussain K, Bangalore

I Sourabh G S/O, Gautam-chand R/o No.87, 4th Floor 17th Main Hanumanthnagar, 2nd Block Bangalore 560050 have changed my name to Sourabh and henceforth be known as sourabh for all purposes.

I, Katyarmal Suvarna Ramesharao R/O #10, 4th Cross, JC Nagar, Bengaluru-560046 have changed my name to Arshiya Mateen Qureshi for all purposes.

I Vignesh kumar S/o palani No 6 gilgul 2nd crs murugeshpalya Muniyappa lyt 1st main Bangalore 560017.I changing my name to Vignesh kumar P for all purpose.

LOST & FOUND

I, Suhas. S. Hegde, residing at No.15, 2nd Cross Rd, BHBCS Layout, BTM Layout II Stage, Bengaluru-560076, have lost my original 1st Semester marksheets issued by Tiruchirappalli, TNNLU for B.A. LL.B. Degree that I am pursuing. Applying for duplicate copies from TNNLU. (9035411734).

GALLERIA

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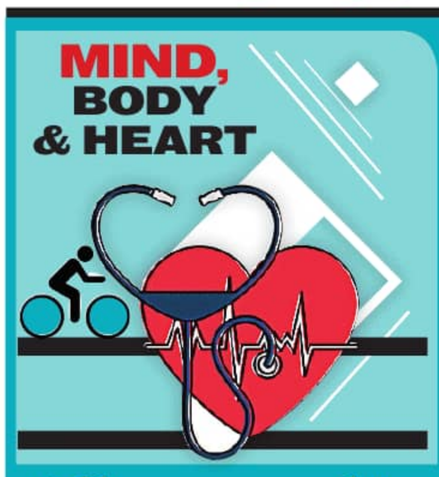

All you need to know about...

Iron deficiency

Understanding it
Iron deficiency anaemia occurs when the body does not have enough iron to produce healthy red blood cells. These cells carry oxygen throughout the body. When iron levels drop, haemoglobin levels also fall, affecting how efficiently oxygen reaches vital organs. "Low haemoglobin levels mean the body does not get enough oxygen to function properly," says Dr. Shruti, adding that this is why symptoms like fatigue and low energy are often the first to appear.

Why Indian women are vulnerable
Several everyday factors contribute to iron deficiency among women in India. Poor nutrition, heavy menstrual bleeding, pregnancy, and repeated childbirth significantly increase the body's iron requirements. Dr. Shruti Kotangale, gynaecologist, points out, "Even busy lifestyles, irregular meals, crash dieting, and neglecting personal health further contribute to iron deficiency." Many women tend to normalise exhaustion, assuming it is simply part of managing home, work and family. This often delays diagnosis and treatment.

Symptoms
Persistent fatigue and **weakness:** Not just tiredness from a long day, but a constant lack of energy
Pale skin, lips or nails: A visible sign of reduced haemoglobin
Shortness of breath: Even after mild physical activity
Frequent headaches or **Dizziness:** Often linked to low oxygen levels
Hair fall and brittle nails: A common but overlooked indicator
Irregular heartbeat or chest **Discomfort:** In more advanced cases
Difficulty concentrating: Mental fog or reduced focus
Restless leg syndrome: An uncomfortable urge to move the legs

Diagnosis
Diagnosis is straightforward and involves basic blood tests. A Complete Blood Count (CBC) helps assess haemoglobin levels and red blood cell count. Additional tests like serum ferritin and iron studies provide a clearer picture of iron stores in the body.

—Femina

RASPBERRY & WALNUT TIRAMISU

INGREDIENTS
- 2 eggs
- 60 g sugar
- 200 g mascarpone cheese
- 75 g chopped walnuts
- 150 g raspberries
- 70 g cake
- Biscuits
- 1 small cup of coffee
- 2 tbsp cocoa powder
- Walnuts halves to decorate
- Whole raspberries to decorate

METHOD
- Break the eggs and separate the whites from the yolks.
- Blend the egg yolks with the sugar using an electric blender until they get foamy.
- Add the mascarpone and stir with a wooden spatula until it gets integrated.
- Add the chopped walnuts and mix well.
- Crush the raspberries to a puree.
- Chop the cake into slices.
- Slightly soak the biscuits in the coffee without letting them crumble
- Fill cups with alternating layers of biscuit, mashed raspberry and mascarpone cream.
- Using a fine mesh strainer, sprinkle each layer of cream with a little cocoa powder.
- Finish with a layer of mascarpone, sprinkle with cocoa powder, garnish with a raspberry and a walnut half
- Chill for about two hours before serving.

Tiramisu twist

We love the classic tiramisu, but these two new variations make it even yummier

WALNUT CHOCOLATE TIRAMISU

INGREDIENTS
- 3 eggs
- 60 g sugar
- 8 g vanilla sugar
- 2 tbsp hot water
- 50 g flour
- 2 tsp cocoa powder
- 1 tsp baking powder
- 60 g walnuts, finely ground
- Cocoa powder for dusting

For the cream:
- 80 g walnuts
- 150 g white chocolate
- 250 g mascarpone
- 50 g semi-skimmed milk
- 2 tbsp amaretto (or rum)
- 30 g mocha chocolate
- 1 tsp grated orange zest
- 2 tbsp coffee liqueur

METHOD
- To prepare the cake, preheat the oven to 180° C. Line a baking sheet with parchment paper. Place a baking frame on it.
- Beat the eggs with the sugar, vanilla sugar, and hot water until frothy.
- Mix the flour with the cocoa powder and baking powder, and sift over the egg mixture.
- Add the ground walnuts, and fold in.
- Pour the batter onto the baking sheet and smooth the surface. Bake in the preheated oven at 180° C for about 10 to 12 minutes. Remove and allow to cool completely.
- To prepare the cream, chop the walnuts and toast them briefly in a pan. Remove and let them cool on a plate.
- Cut the chocolate into pieces, place them in a bowl, and melt over a double boiler. Let the chocolate cool slightly. Stir the mascarpone with the milk and amaretto (or rum) until smooth. Gradually stir in the melted chocolate.
- Finely chop the mocha chocolate. Stir it into the cream mixture with two-third of the walnuts and the orange zest.
- Drizzle the sponge cake with the coffee liqueur. Slice it in half horizontally.
- Line the bottom of a baking dish with one half of the sponge cake. Spread about half of the cream on the first sponge layer, place the second sponge layer on top, and spread with the remaining cream.
- Sprinkle with the remaining walnuts.
- Chill the tiramisu for about two hours.
- Dust with cocoa powder just before serving.

Recipes: California Walnuts for Femina; Pictures for illustrative purposes only

 # Jailer 2 update
Rajinikanth announces 'Jailer 2' wrap; confirms August shoot with Kamal Haasan

The show must go on

Nothing wrong with audience's love for a spectacle, says Imran Khan

Imran Khan recently opened up about why he chose a romantic movie for his comeback instead of going with the ongoing trend of masculine content. The actor also talked about the audience choosing to buy tickets for spectacle movies over simple films.

In an interview with the Hindustan Times, Imran Khan also addressed the change in the cinema viewing experience of the audience after COVID, with them reserving their time and money for theaters only for massive spectacles.

Acknowledging the same, Khan said, "You're right, there has been a global trend in audiences moving away from cinemas and one really only showing up for large-scale spectacle. I don't see anything wrong with that; it's audiences' taste."

In the same conversation, Khan expressed, "I think it's important to separate the creative process of movie making from commercial." The actor added that the industry is becoming more box office obsessed, and everyone is sitting down with "spreadsheets, calculators; tracking box office as though it's a sport." Imran expressed, "It means nothing to me."

Talking about his comeback movie, 'Adhoore Hum Adhoore Tum', co-starring Bhumi Pednekar, Khan said, "The film that we're making is a Netflix original. We had never considered that this is the kind of narrative that would appeal to a mass audience; it's a gentle, relationship story." **—ETimes**

Bond between equals

Abhishek Bachchan recently spoke about his relationship with Aishwarya Rai. Asked about feeling insecure of Aishwarya's stardom in a recent interview, the actor credited his upbringing for shaping his perspective on relationships, emphasising the importance of equality and partnership.

Abhishek shared in an interview with Lilly Singh, "I had that at home as well, to get that out of the way. When my parents got married, my mother was the much bigger star than my father was. So it was not an unnatural thing. I wasn't brought up to think that you have to be the dominant one; it was always about partnership."

He explained that the idea of equality in relationships was deeply ingrained in him from an early age. Speaking about his bond with Aishwarya, Abhishek recalled that their relationship evolved naturally from a long-standing friendship. He said, "I have known Aishwarya from the start of my career. We weren't in a relationship then, we were buddies, we were always friends." **— ETimes**

Lively to take case against Baldoni further

Actor Blake Lively has reaffirmed her intent to take legal action against co-star Justin Baldoni, even after a key sexual harassment claim in her lawsuit was dismissed, stating she will not be "distracted by the digital soap opera."

In a statement shared on her Instagram Stories, Lively said she remains committed to pursuing justice, with the case now set to go to trial in New York on May 18. "I will never stop doing my part in fighting to expose the systems and people who seek to harm, shame, silence and retaliate against victims," she wrote, adding, "I know it's a privilege to be able to stand up. I will not waste it." Addressing the emotional toll, Lively highlighted the real-world impact of online hostility, stating that "the physical pain from digital violence is very real."

She also expressed gratitude to the court for its recent ruling . **—ANI**

Hotch-potch narrative about child marriage

PREMI
2.5 RATING ★★½☆☆
- **DIRECTOR** S Pradeep Varma
- **ACTORS** Advik Siddalingaiah, Shravya Rao, Shobita M, Pradeep Varma, Suresh Babu, Harshita
- **CERTIFICATION** U/A
- **Duration** 121 minutes

Premi is a film by newcomers. Pradeep Varma is a first-time director and Advik Siddalingaiah debuts as a hero with this film. The movie is set in the 1990s. Advik's mother Akkamahadevi has written the script for this film that focuses on child marriages and how some people in rural areas depend on priests to fix auspicious dates for marriages.

During the promotional events, the director claimed that he was supposed to have composed music for this movie but finally ended up not only directing the movie but also playing the villain in it. With so many responsibilities, the director falters and fails to impress with either of his roles. He also failed to extract acting from actors and most of the action scenes and the item song look incongruous.

The movie is about Premkumar (Advik Siddalingaiah) rescuing a girl from rowdies. His girlfriend Tina (Shobita) proposes to him but he reveals that he was married during his childhood. He leaves for Devarabelakere to meet Madhuvathi with whom was married during his childhood. He manages to meet her, but she refuses to accept him. You have to watch the movie to know whether Premkumar succeeds in joining hands with Madhuvathy to lead family life and what happens to Tina, who is possessive about him.

Advik has to hone his acting skills if he wants to continue acting in movies. He looks stoic in most of the scenes due to lack of proper guidance. Shravya Rao, as a victim of child marriage and a lonely woman, is convincing. Shobita, as a possessive lover, has to go a long way to establish herself as a heroine. The other problem with this movie is the dubbing and there are some glaring lip-sync errors.

If you want to understand the perils of child marriages and poverty, you can catch this below-average film.

—Y Maheswara Reddy

Psychological thriller that is not quite there

PSYCHIC
2.5 RATING ★★½☆☆
- **DIRECTOR** Pushkara Girigowda
- **ACTORS** RSardar Sathya, Hamsa Prathap, Nikitha Dorthody, Kylas Dev, Rohith Nagesh, Sameer Nagarad
- **CERTIFICATION** U/A
- **Duration** 118 minutes

Psychic is director Pushakara Girigowda's maiden film as director. Girigowda began his career as an editor in Sandalwood. He has managed to create some kind of suspense with this film, but fails to make it compelling enough for audiences. The movie looks like a mash of two different stories. Sardar Sathya's double role also causes some confusion among the audiences. However, the movie emphasises on the importance of treating children with love and affection irrespective of their colour or physique.

The movie begins with a drunk man walking on the road. The next scene is Vikas (Kylas Dev) trying to convince his lover Pranathi (Nikita Dorthody) of his innocence. Later they decide to go on a trip along with Nagesh (Rohith Nagesh) and his wife Dr Neha. On the way, they come across an abandoned bungalow but do not dare to go near it. They decide to stay at a farm house near Agani for a few days. Meanwhile, two murders take place and police become busy in investigating the murder cases. Inspector Chandrika (Hamsa Prathap) takes over the investigation.

Vikas and his friends rescue a person and suspect that he is a serial killer. You have to watch the movie to know what the suspense is all about.

Most of the actors, except Sardar Sathya, are newcomers. Unfortunately, Sardar Sathya has nothing to do in this movie except yelling. This movie did not give him any chance to showcase his acting skills. Hamsa Prathap walks away with all honours for her sterling performance. Her dialogues and gestures are very good.

Had the director ensured a crisp screenplay crisp and got a few established actors on board, the movie may have been a good suspense thriller.

But if you like suspenses, then go for it.

—Y Maheswara Reddy

mybangaloremirror@timesofindia.com
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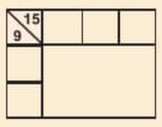
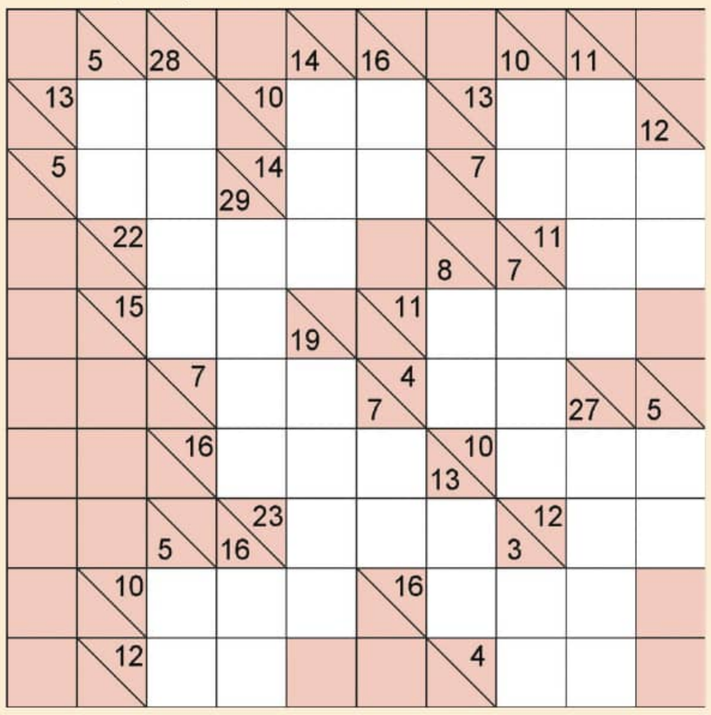
Kakuro

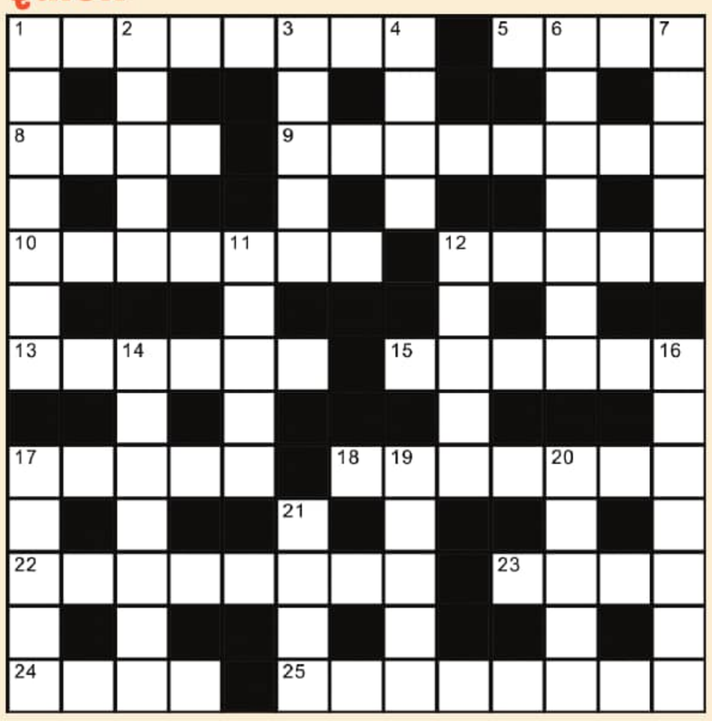
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Successful; producing good results? (8)
5 _ __ it : I follow this ? (1,3)
8 Small spike (4)
9 Client (8)
10 A crescent-shaped object (7)
12 Coniferous tree (5)
13 Adorned or bejewelled (6)
15 Increase or escalate (4,2)
17 Makes indistinct (5)
18 Ballroom dance (7)
22 Device for measuring oil level in sump (8)
23 Internal as a prefix ? (4)
24 Tall water plant (4)
25 Suspended or expelled from a university (4,4)

DOWN

1 Caressed or petted (7)
2 Merger like marriage (5)
3 Aspect (5)
4 Deprivation (4)
6 Jelly-like sweet (7)
7 Portable light (5)
11 ___ with : abounds or is present in large number? (5)
12 Rubber juice (5)
14 Wrinkle up (7)
16 Disparagement (3-4)
17 Northernmost district of Karnataka (5)
19 Made of hardwood, should we say? (5)
20 Mr Starr of The Beatles (5)
21 Currency of Kuwait (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS G

F GXZCA IM VLFEGN ZD F PIN MIBLHLB: ZGD WIHLWZCLDD ZCTBLFDLD; ZG QZWW CLHLB YFDD ZCGI CIGXZCACLDD.

Linemaro

I don't like my current girlfriend. Mind if I do a you substitution?

Mindchow

Every accomplishment starts with the decision to try

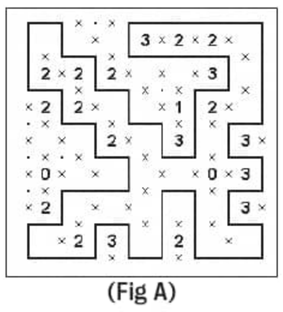
Joke of the day

Professor: A person whose job is to tell students how to solve the problems of life he avoided by becoming a professor

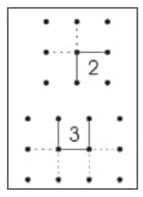
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

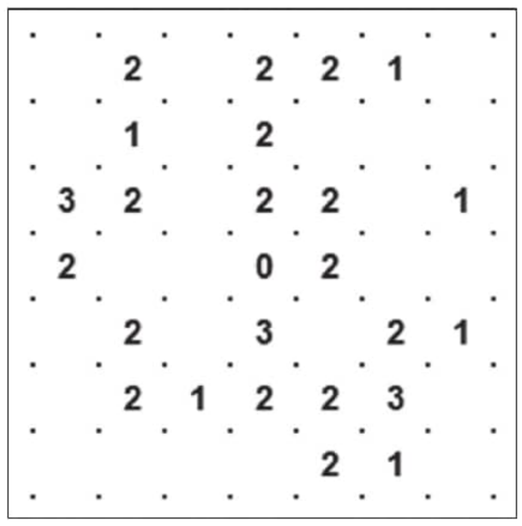


(Fig B) Not Allowed

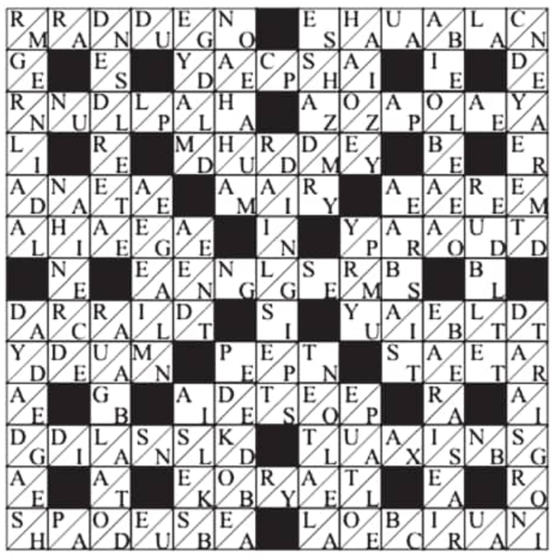
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



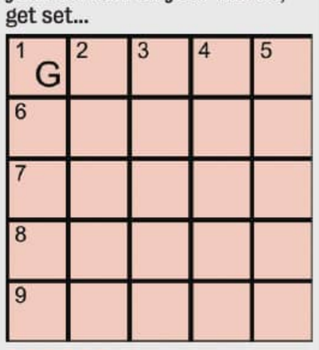
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

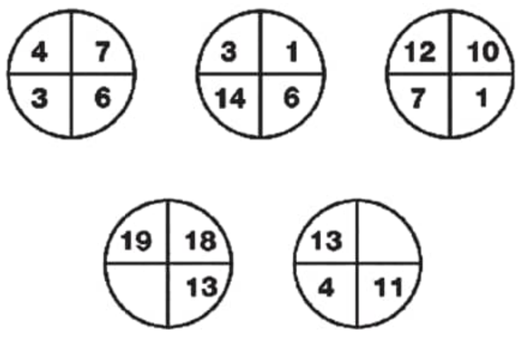
1 Sages; 6 Me EEC; 7 Air at; 8 Until; 9 Pepos

DOWN

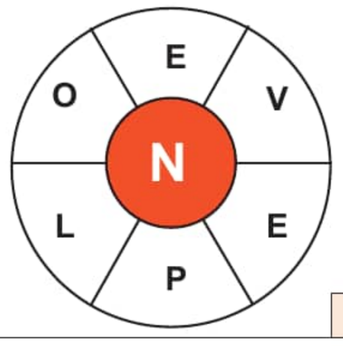
1 Up Get; 2 Naomi; 3 Claps; 4 Ree ie; 5 Sates

Mensapuzzle

Enter the correct numbers in the blank segments and complete this puzzle.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; **05** Good; **07** Outstanding

SudokuChallenge

	1				8	7		
9		6			5			
2	4		6			3		
	2				7			6
	6	8				5	7	
7			2				4	
		9			6		1	3
			9			4		7
		4	5				9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 9

1 8 6 4

Medium

= 5

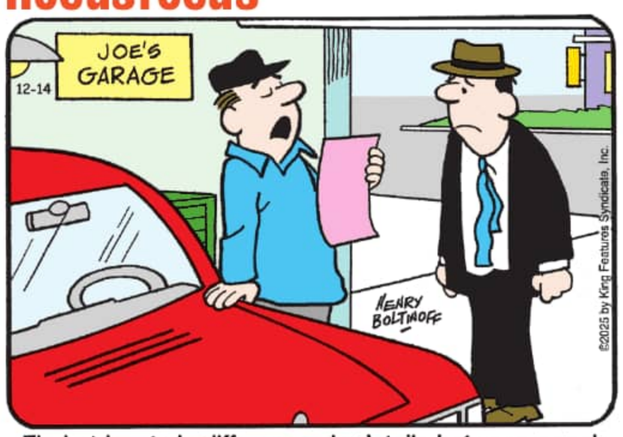
3 4 5 1

Hard

= 3

4 5 6 9

Hocusfocus



Find at least six differences in details between panels.

Differences: 1. Tie is longer. 2. Pocket is added to shirt. 3. Steering wheel is smaller. 4. Mirror is moved. 5. Light is lower. 6. Right arm is not showing.

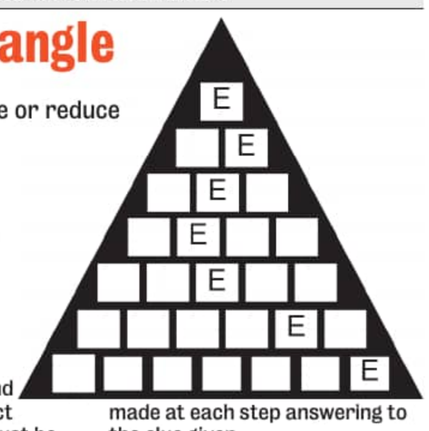
Riddler

What are the answers to all these clues and what do those answers have in common?

1. An amber tinted paste used on a wienerwurst.
2. A purple fruit
3. Besides the number of days, the months of May and August have this in common.
4. A finely feathered and polychromatic avian friend.
5. A 7 letter word for a pigment like crimson.
6. A bleached and neutral hue.

Alpha triangle

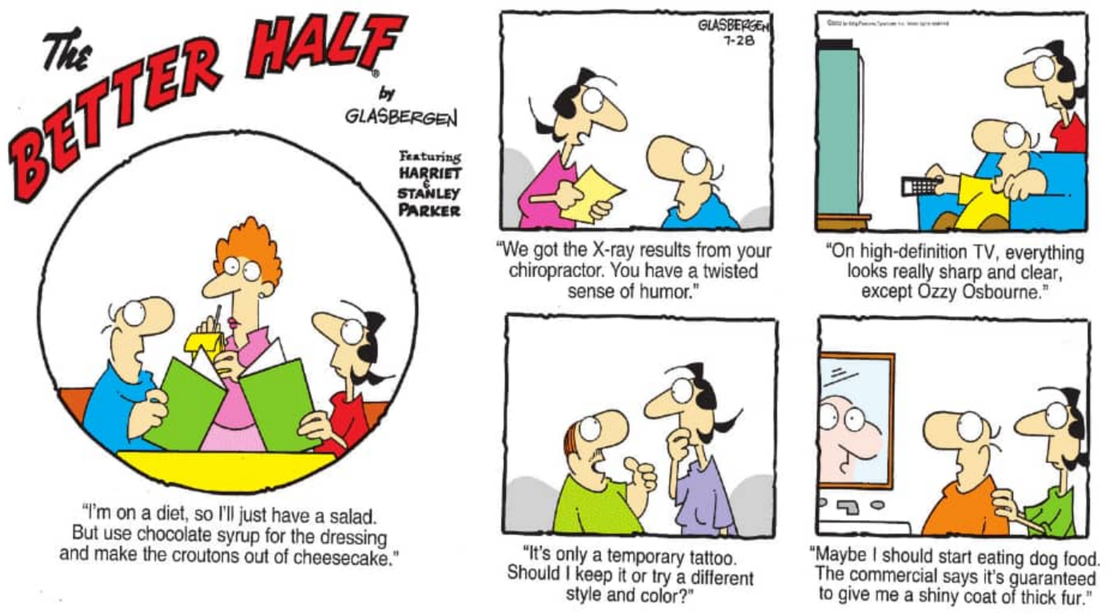
1 Second vowel
2 Prefix for remove or reduce
3 Firefighter Adair
4 Beloved
5 Reverie
6 Wandered
7 Close companion

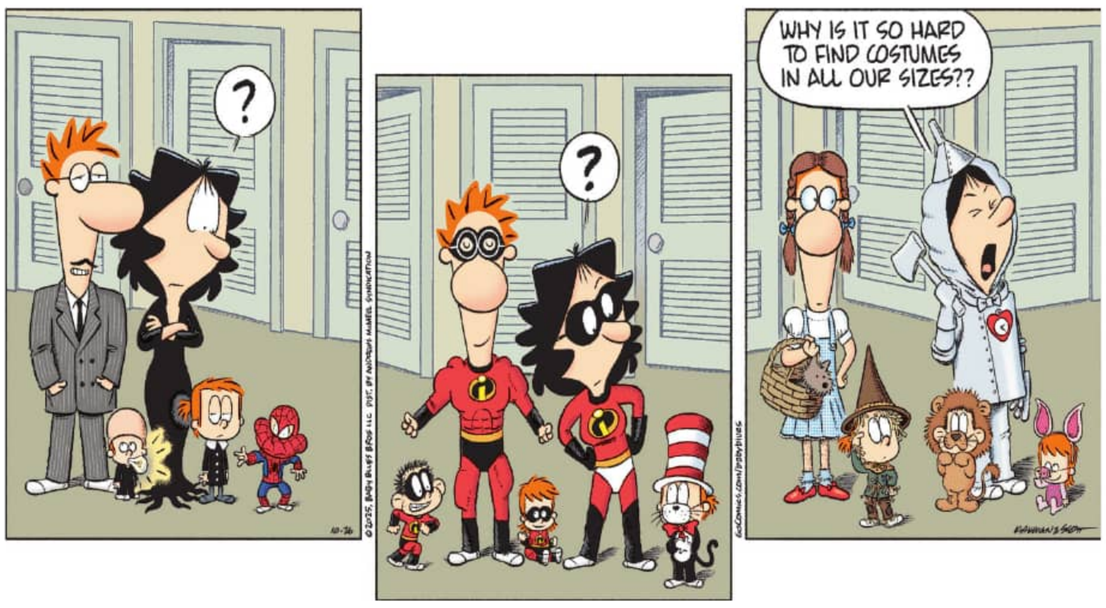


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

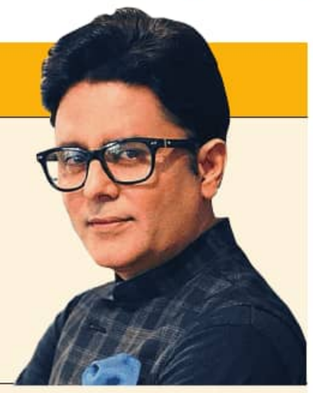

The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"I'm on a diet, so I'll just have a salad. But use chocolate syrup for the dressing and make the croutons out of cheesecake."
GLASBERGEN 7-28
"We got the X-ray results from your chiropractor. You have a twisted sense of humor."
"On high-definition TV, everything looks really sharp and clear, except Ozzy Osbourne."
"It's only a temporary tattoo. Should I keep it or try a different style and color?"
"Maybe I should start eating dog food. The commercial says it's guaranteed to give me a shiny coat of thick fur."



FLASH GORDON
MY NAME'S BOK. IT'S THE ONLY THING I OWN.
I'VE NEVER BEEN THIS FAR NORTH. FORTY WINTERS ON MONGO AND I'VE NEVER EVEN SEEN THE SNOW.
I OWE THAT TO FLASH GORDON.
IT'S TAKEN AN ALIEN TO SHOW ME MY OWN WORLD.
ME. BOK THE DRAGONMAN. RIDING BIRDS IN THE FROZEN NORTH.
MY OLD SQUAD WOULD LAUGH, IF THEY WERE ALIVE TO SEE IT.
FLASH GORDON'S BROUGHT ME ALONG ON QUEEN FRIA'S TOUR OF HER KINGDOM.
MEETING HER SUBJECTS, HANDLING DISPUTES.
I THOUGHT ROYALS WERE ALL FOOLS WHO LUCKED INTO IT. BUT FRIA, SHE'S SMART. ICEBERG SMART-- LIKE THERE'S THIS BIGGER DIMENSION TO HER THINKING, JUST BELOW THE SURFACE.
A WEEK LATER. WE'VE MADE CAMP ON THE ICE.
NOW, DRAGONMEN? WE DON'T JUST SEE LIGHT. WE SEE HEAT.
AND I SEE SOMETHING ON THE HORIZON AS HOT AS A HOUSE FIRE.
A PACK OF THOSE PIRATE MINERS.
THESE BOYS'LL SET UP FAST, STRIP THE LAND, AND MOVE ON BEFORE THEY GET CAUGHT.
WE TELL FRIA. I'M READY FOR SOME NONSENSE ABOUT ASSEMBLING A COMMITTEE TO GET PERMISSION TO INVESTIGATE IT...
BUT SHE WANTS THESE SCRUBS GONE NOW.
THIS LAND IS UNDER HER PROTECTION.
NEXT: STRIPPED TO THE BONE

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

Your birthday energy sparks curiosity, adventure, and hopeful plans for the months ahead. Travel opportunities appear through friends, work, or spontaneous invitations. Love feels playful and deeply supportive, encouraging vulnerability. Financial growth follows disciplined steps. At home, joyful gatherings, delicious meals, and warm conversations strengthen bonds. Trust the rhythm of progress, embrace change, and chase the possibilities calling your name.

Aries Mar 21 – Apr 20

Today brings powerful motivation, Aries. Your confidence and determination help you achieve impressive progress. Others respect your ideas, but remember diplomacy. Balance assertiveness with kindness so your leadership inspires rather than overwhelms.

Taurus Apr 21 – May 20

Friends rely on your calm guidance today, Taurus. Your empathetic nature makes you a trusted confidant. Offer support with humility and compassion, allowing your presence to comfort those navigating difficult emotional moments.

Gemini May 21 – Jun 21

Harmony surrounds you today, Gemini, as people agree with your ideas and support your perspective. Appreciate the validation, but avoid complacency. Stay focused on your goals and continue progressing with purpose.

Cancer Jun 22 – July 23

Your true strength lies in authenticity today, Cancer. Release self-doubt and appreciate your unique qualities. Quiet reflection or meditation helps restore self-love, reminding you that imperfections make you beautifully human.

Leo Jul 24 – Aug 23

Home offers peace and comfort today, Leo. Rather than chasing excitement elsewhere, spend time enjoying the calm and warmth of family life. Rest, recharge, and allow yourself a slower, restorative day.

Virgo Aug 24 – Sep 23

Responsibilities demand your attention today, Virgo. Your ability to organize and manage tasks helps maintain balance between work and home. Communicate thoughtfully, ensuring your efficiency remains paired with empathy and understanding.

Libra Sep 24 – Oct 22

Career progress shines brightly today, Libra. Your dedication and effort attract recognition and rewarding results. Whether studying or working, success feels satisfying, confirming that persistence and discipline are paying off.

Scorpio Oct 23 – Nov 22

Today invites deep introspection, Scorpio. Exploring your inner world may reveal important truths about yourself. Understanding these insights helps unlock personal growth and guides you toward a clearer life direction.

Sagittarius Nov 23 – Dec 22

Your schedule may feel overwhelming today, Sagittarius. Prioritise responsibilities carefully and focus on what truly matters. Determination and clear organization help you manage challenges and turn busy moments into productive achievements.

Capricorn Dec 23 – Jan 20

Opportunities connected to travel or expansion may arise today, Capricorn. Embrace them confidently, trusting your abilities. Your dedication and perseverance deserve recognition, and new experiences could lead to rewarding future prospects.

Aquarius Jan 21 – Feb 19

A friend may seek your guidance today, Aquarius. Offer thoughtful advice with empathy and without judgment. Your calm perspective can provide comfort and clarity for someone navigating a difficult situation.

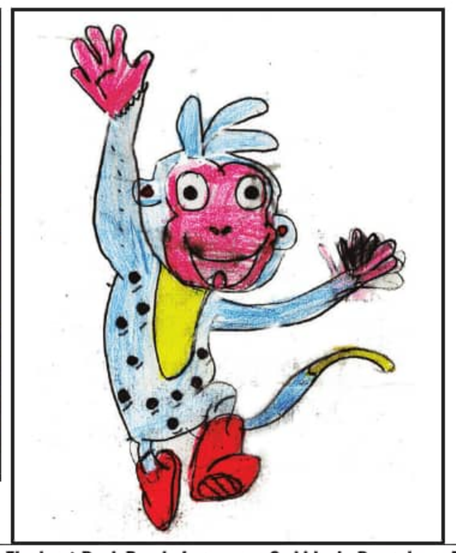
Pisces Feb 20 – Mar 20

Career success shines brightly today, Pisces. Recognition for your hard work may arrive, boosting confidence. Accept praise with gratitude and avoid doubting yourself, these achievements reflect your genuine dedication and talent.

www.sundeepkochar.com

KIDZONE

Varshini, Bengaluru



Yashaswini, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER 1. Mustard, 2. Plum, 3. Green
(The color of the birthstones of May and August)., 4. Peacock, 5. Scarlet, 6. White. All these words are the last names of the characters in the game of Clue (Cluedo).

SOLVE IN 1M 33*(2+2) = 33*2 = 66

FAST FIVE

G	A	S	E	S
E	M	C	E	E
T	I	A	R	A
U	N	L	I	T
P	O	P	E	S

QUOTE UNCODE
A thing of beauty is a joy forever: its loveliness increases; it will never pass into nothingness.

STRIKE OUT

M	A	D	D	E	N		S	H	A	B	A	N		
E		E		D	A	C	H	A		I		E		
N	U	L	L	A	H		A	Z	A	L	E	A		
I		E		M	U	D	D	Y		B		R		
A	N	T	A		M	A	Y		A	A	R	E		
L	I	E	G	E		I		P	R	O	U	D		
A	C	R	I	D		I		Y	I	E	L	D		
	E		A	N	G	L	E	R	S		B			
D	E	A	N		P	E	T		S	E	E	R		
A		B		A	E	S	O	P		R		A		
G	D	A	N	S	K		T	A	X	I	N	G		
E		T		K	O	R	A	T		E		O		
S	P	O	U	S	E		L	E	B	R	U	N		

QUICK

R	E	E	D		S	E	N	T	D	O	W	N		
A		L			L		E		G		W			
D	I	P	S	T	I	C	K		E	N	D	O		
I		M		F		A		F	O	X	T	R	O	T
B	L	U	R	S		F	O	X	T	R	O	T		
		R		M			E					U		
D	E	C	K	E	D		S	T	E	P	U	P		
E				E			A		O					
L	U	N	E	T	T	E		L	A	R	C	H		
D		O		E		S		D				C		
N	A	I	L		C	U	S	T	O	M	E	R		
O		N		A		O		U				O		
F	R	U	I	T	F	U	L		I	G	E	T		

BULL'S EYE ENVELOP, even, lone, novel, open, oven, peon

MENSA PUZZLE
24 & 2. Each segment in the lower left circle equals the sum of the correspondING segments in top circles. The numbers in the bottom right circle are the sum of the even numbers in the top circles, minus the odd numbers.

SUDOKU

5	1	3	4	2	8	7	6	9
9	8	6	3	7	5	1	2	4
2	4	7	6	1	9	3	8	5
4	2	1	8	5	7	9	3	6
7	9	5	2	6	3	8	4	1
3	6	8	1	9	4	5	7	2
8	5	9	7	4	6	2	1	3
6	3	2	9	8	1	4	5	7
1	7	4	5	3	2	6	9	8

ALPHA TRIANGLE
E, DE, Red, Dear, Dream, Roamed, Comrade.

GO FIGURE
Easy
6 + 8 – 4 – 1 = 9
Medium
5 – 3 + 4 – 1 = 5
Hard
5 – 4 x 9 – 6 = 3

LOOP

KAKURO

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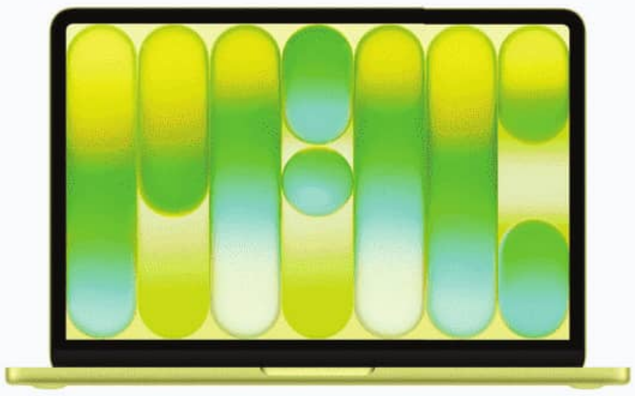

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